## CLAIMS:

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1. A method for assembling a shelf for a refrigerator, the shelf including a plate and a frame, the plate having first and second surfaces and an outer periphery, said method comprising the steps of:

applying an adhesive to the frame; and

adhering the frame to the second surface of the plate along the outer periphery.

2. A method in accordance with Claim 1 wherein the shelf further comprises at least one cross support, said method further comprising the steps of:

applying an adhesive to at least one of the cross support and the first surface of the plate; and

adhering the cross support to the first surface of the plate.

- 3. A method in accordance with Claim 2 wherein said shelf frame further comprises a bracket, said method further comprising the step of attaching the bracket to the side support.
- 4. A method in accordance with Claim 1 wherein the shelf further comprises at least one side support, said method further comprising the step of adhering the side support to the first surface of the plate.
- 5. A method in accordance with Claim 4 further comprising the step of connecting the side support to the cross support.
  - 6. A shelf for a refrigerator, said shelf comprising:
- a substantially flat plate including first and second surfaces and an outer periphery;
  - at least one cross support extending below said plate first surface;

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a frame adhered to said outer periphery of said plate first surface and forming a seal; and

at least one side support connected to said cross support and configured for attachment to a refrigerator, said frame adhered to one of said cross support and said side support.

- 7. A shelf in accordance with Claim 6 wherein said frame is adhered to said second surface with a solid adhesive.
- 8. A shelf in accordance with Claim 7 wherein said plate first surface is adhered to said cross support with a solid adhesive.
- 9. A shelf in accordance with Claim 6 wherein said at least one cross support comprises an adhesive adhesing said cross support to said first surface.
- 10. A shelf in accordance with Claim 6 wherein said frame comprises a channel, said seal positioned at least partially within said channel.
- 11. A shelf in accordance with Claim 10 wherein said frame further comprises a bracket connected to said cross support.
- 12. A shelf in accordance with Claim 6 wherein said frame comprises molded plastic.
- 13. A shelf in accordance with Claim 6 wherein said seal comprises an adhesive seal.
- 20 14. A shelf for a refrigerator said shelf comprising:

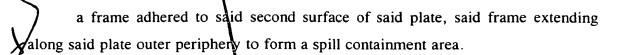
a plate including first and second surfaces and an outer periphery;

first and second side supports supporting said plate first surface;

at least one cross support connecting said first and second side supports; and

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- 15. A shelf in accordance with Claim 14 wherein said frame comprises a sealing lip.
- 16. A shelf in accordance with Claim 14 wherein said frame comprises at least one underside channel.
  - 17. A shelf in accordance with Claim 15 wherein said frame further includes a bracket, said bracket connected to said side support.
- 18. A shelf in accordance with Claim 16 wherein said shelf further comprises a sealing adhesive contained in said underside channel.
- 19. A shelf in accordance with Claim 14 wherein said cross support comprises an adhesive adhering said cross support to said first surface.
- 20. A shelf in accordance with Claim 14 wherein said frame and said side supports are adhered to said plate with a solid adhesive.

